



# Influenza: What To Do If You Are Experiencing Homelessness



Influenza (Flu) is a very contagious respiratory illness caused by influenza viruses. People with flu are most contagious in the first three to four days after symptoms start. People experiencing homelessness with the flu or flu-like symptoms should wear a mask when around other people.

## What You Can Do:



Get Plenty of Rest



Drink Water and Clear Fluids



Take Medicine for Fever and Sore Throat

Children should not be given aspirin to help with fevers or sore throats.

## Prevent Spreading the Flu:



Avoid Contact with Others



Wash Your Hands Often



Cover Coughs and Sneezes



Talk to a doctor if you think you have the flu. Antiviral drugs may be a treatment option and work best when started within two days of getting sick.